

**Title of the Invention:**

Please delete the original title, and insert, this new title:

A METHOD OF ENHANCING BLOOD ANTIOXIDANT ACTIVITY INGESTING A COMPOUND IN THE FORM OF AT LEAST ONE FORM SELECTED FROM AMONGST JUICE, POWDER, GRANULE, TABLET AND CAPSULE, WHICH CONTAINS AN EFFECTIVE AMOUNT OF AT LEAST ONE VEGETABLE SELECTED FROM THE GROUP CONSISTING OF BROCCOLI, SPINACH, PARSLEY, KOMATSUNA (BRASSICA RAPA L.) AND JAPANESE RADISH LEAVES, AND AT LEAST ONE VEGETABLE SELECTED FROM AMONGST LETTUCE, CABBAGE AND CELERY.